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ARE NEW LOW-NICOTINE CIGARETTES SAFE?

Recently, low-nicotine and no-nicotine cigarettes became available for sale in Arizona. The release of this product raises several questions.

- Are the new reduced-nicotine and no-nicotine cigarettes safe?
- What is the purpose of these cigarettes?
- Will they help people stop smoking?
- Is this an attempt by the tobacco industry to create a cigarette for everyone, thereby increasing tobacco sales?

Background:

There is no safe cigarette. The reduced and no-nicotine cigarettes still deliver 4,000 chemicals, of which 40 are known carcinogens (cancer-causing substances). The cigarettes contain the same amount of tar as regular cigarettes. They are not approved by the FDA to be a smoking cessation product, therefore they cannot be marketed as such. People who use these cigarettes as an alternative to regular cigarettes, instead of a tool to quit, tend to smoke more to reach the same levels of nicotine to which they are addicted. These cigarettes are a path to addiction for nonsmokers who try them.

MACTUPP provides free smoking cessation classes throughout the valley. Participants in the classes learn techniques to help them quit, receive the support needed to be successful and also receive 50% off nicotine replacement therapy, such as the patch or gum. Those interested in the free classes should call 602-372-7272.